



Grilled Seafood Jambalaya Foil Packs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice long-grain white uncooked
- 3 cups water
- 1 lb shrimp frozen thawed deveined uncooked peeled
- 1 lb scallops frozen thawed
- 14.5 oz tomatoes diced with garlic and onions, undrained canned
- 1 cup bell pepper green chopped
- 0.5 cup onion chopped
- 3 teaspoons cajun spice

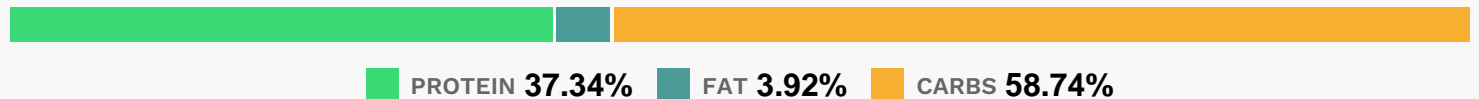
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 6 (18x12-inch) sheets of heavy-duty foil. Cook rice in water as directed on package. In large bowl, mix cooked rice and remaining ingredients.
- Place 1/6 of mixture (dividing shrimp and scallops evenly) on center of each sheet.
- Bring up 2 sides of foil over shrimp mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over low heat. Cover grill; cook 12 to 15 minutes, rotating packets 1/2 turn after 6 minutes, until shrimp are pink.
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:22.63, Inflammation Score:-6, Nutrition Score:14.739130559175%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 310kcal (15.5%), Fat: 1.33g (2.05%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 42.77g (15.55%), Sugar: 2.95g (3.28%), Cholesterol: 139.86mg (46.62%), Sodium: 494.47mg (21.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.29%), Phosphorus: 492.46mg (49.25%), Vitamin C: 27.33mg (33.13%), Manganese: 0.66mg (32.86%), Copper: 0.51mg (25.48%), Selenium: 16.86µg (24.08%), Potassium: 622.27mg (17.78%), Vitamin B12: 1.07µg (17.77%), Magnesium: 68.97mg (17.24%), Zinc: 2.41mg (16.07%), Vitamin B6: 0.3mg (15.01%), Vitamin A: 667.12IU (13.34%), Iron: 2.04mg (11.33%), Vitamin B3: 1.99mg (9.97%), Calcium: 98.5mg (9.85%), Fiber: 2.28g (9.14%), Vitamin B5: 0.78mg (7.78%), Folate: 26.78µg (6.7%), Vitamin B1: 0.09mg (6.14%), Vitamin E: 0.9mg (6.02%), Vitamin B2: 0.09mg (5.56%), Vitamin K: 4.73µg (4.5%)